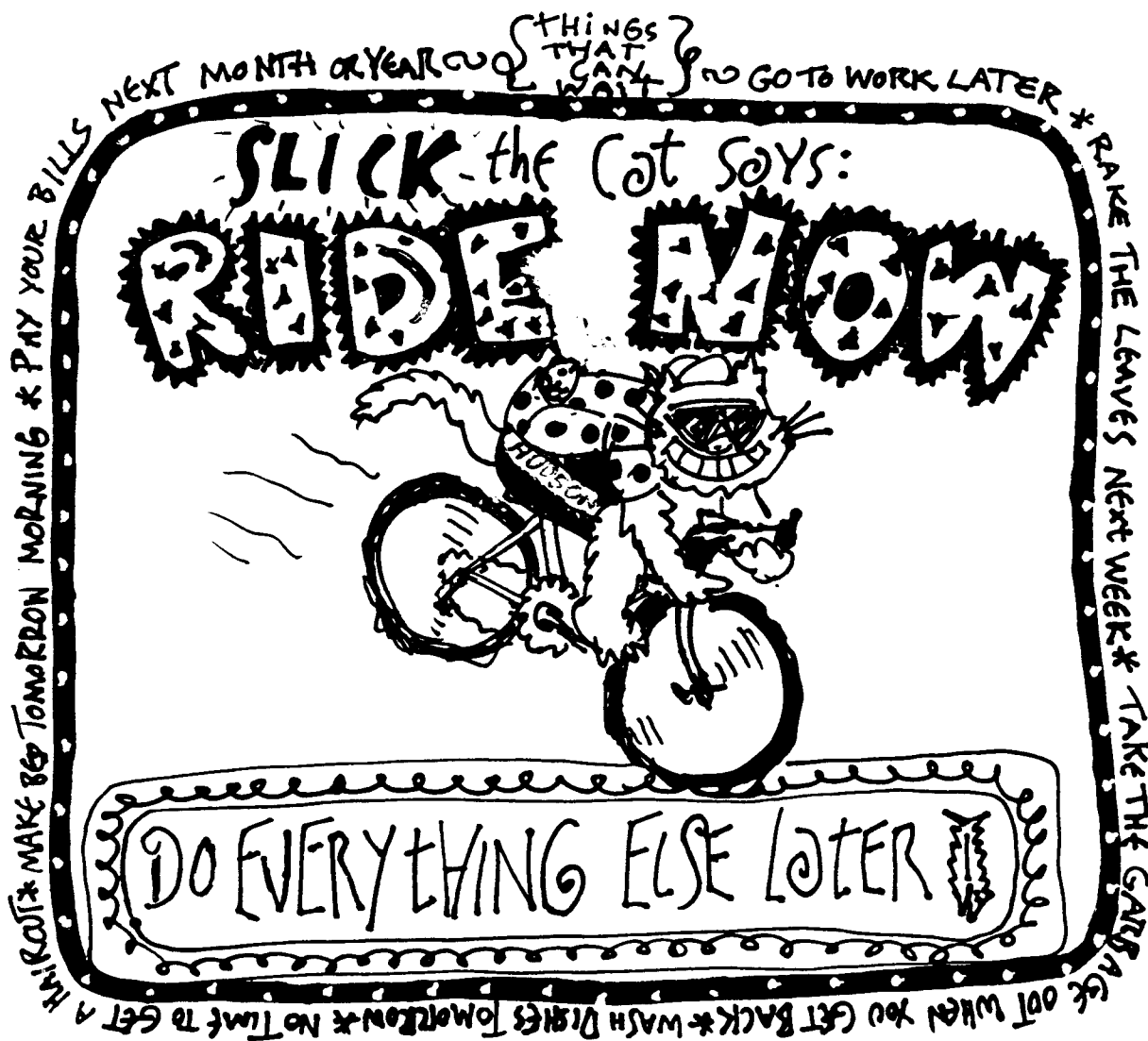


November
1988

New York Cycle Club

NOVEMBER 1988 BULLETIN



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EDITOR: CARYL HUDSON 165 WEST END AVENUE 29K NEW YORK N.Y. 10023 212 - 595 - 7010



GUIDELINES for CLUB RIDES

NYCC rides are friendly group rides by individuals of similar riding abilities. Our leaders are volunteers. In addition to setting the pace and choosing the route, they may require or recommend specific equipment (helmets, locks, etc.) in their ride descriptions. Unless otherwise stated, rain (snow, sleet) at the starting time cancels the ride. Many rides meet at the Boathouse on Central Park's East Drive, north of 72nd St.

Please be sure that your bike is in good working condition. Bring a pump, spare tube(s), patch kit, tire irons, water, pocket food, and medical I.D. Optional items include a lock, maps, bike permits for the commuter rail systems, and additional tools. Helmets are strongly recommended. Headphones are not.

Club rides generally approximate the speeds and characteristics listed below. You can assess your abilities by riding, at a comfortable pace, four laps around Central Park. The northern end of the park can be dangerous; ride with other cyclists or runners. Be sure to measure the time it takes you to complete the four laps, and not your average speed. In selecting your first club ride, be conservative. Choose an easier ride, and call the leader if you have any questions.

Ride Class	Average Speed (not incl. stops)	Cruising Speed (on flat terrain)	Ride Description	Central Park Self-Classification Times (4 laps=24.5 mi.)
AA	17+ mph	22+ mph	Vigorous riding, frequently	< 1 hr. 10 min.
A+	16-17	20-22	in pacelines. High regard	1:10 - 1:16
A	15-16	18.5-20	for good riding style.	1:16 - 1:23
A-	14-15	17-18.5	Stops every two hours or so.	1:23 - 1:30
B+	13-14	16-17	Moderate to brisk riding, with	1:30 - 1:38
B	12-13	15-16	more attention to scenery.	1:38 - 1:48
B-	11-12	14-15	Stops every hour or two.	1:48 - 2:00
C+	10-11	13-14	Leisurely to moderate riding;	2:00 - 2:14
C	9-10	12-13	destination oriented. Stops	2:14 - 2:30
C-	8-9	11-12	every half hour or so.	> 2 hr. 30 min.

Saturdays/
Sundays
A/A+/AA THE NORTHWARD EXPRESS--Racing SIG Rides. A leaderless performance-oriented ride up 9W where the group determines how far up and how fast and where fast. Meet at the Boathouse at 9 AM or the GWB at 9:30-9:40. It'll be fun and a good extension to the spring training series. Be prepared for fast group riding and therefore to be very alert. For information: David Walls (212-316-2336).

Sat. Nov. 5 9:00 AM
A
75 mi. SADDLE RIVER, ONE MORE TIME. Leaders: Lee Gelobter (718-646-7037) & Christy Guzzetta (212-595-3674). From the Boathouse. To Saddle River, NJ, and back. If we're lucky, Lee will co-lead the ride he made famous. We're not lucky, however, because on this ride we'll be saying good-bye to Lee Gelobter. It seems that Lee is heading south to Florida. No hills, warm and sunny weather, to create a life we all dream about. Come on out to wish Lee the best. We'll miss him and always thank him for his part in the NYCC. Bad winter weather cancels. N.B. Larry Hobson and Janet Kronstadt will lead their South Mountain ride on Nov. 12.

Sat. Nov. 5 9:00 AM
B
50± mi. THE PARK, ONE MORE TIME. Leader: Peter Panico (718-672-7809, h.; 212-880-9252, of.). From the Statue of Civic Virtue, Queens ("E" or "F" train to Kew Gardens/Union Turnpike). One last time back to Bethpage State Park. If the weather is nice, we'll have a picnic lunch and then a sociable "B" ride back to Queens. Temp. below 40F at start cancels.

Sat. Nov. 5 10:00 AM
C /30 mi. TIBBETT'S BROOK PARK. Leader: Elly Spangenberg (212-737-0844). From 59th St. & Fifth Ave., Manhattan. Temps. below 32F, any precip., or wind speeds above 15 mph will cancel. Joint

- Sun. Nov. 6 **STORM KING EXPRESS.** Leaders: Clay Heydorn & Simone Smith (914-941-5013). From Ossining.
9:00 AM This is a cartop ride leaving from Ossining. We'll ride along both sides of the Hudson between
A Bear Mountain and the Newburgh-Beacon Bridge, one of the most scenic, nearby areas. If you
70 mi. don't have a car, call and we'll try to arrange a ride. Call in any case for directions to
the starting point.
- Sun. Nov. 6 **NEW BAGEL CENTURY.** Leader: Jeff Vogel (718-275-6978, h.; 212-265-2500, of.). From the Statue
8:00 AM of Civic Virtue, Queens ("E" or "F" train to Kew Gardens/Union Turnpike). If I'm in the city
A/A- today (call anytime in the preceding week), join me for a scenic ride on Long Island's North
100 mi. Shore to Smithtown. If you thought there's been nothing new in bagels since they invented the
hole, wait 'til you try spinach and, yes, chocolate bagels. Bring your LIRR pass for possible
sag support. Any precip. cancels.
- Sun. Nov. 6 **OLD TAPPAN ROUNDABOUT.** Leaders: Arlene Ellner (212-677-3306) & Bernie Pearlman (212-285-
10:00 AM 1235). From the GWB Terminal (Ft. Washington Ave.). A nice fall ride through Bergen County
B-/C+ /40+ mi. to historic Old Tappan. Lunch indoors. 70% chance of rain cancels.
- Sun. Nov. 6 **LIBERTY PARK, NJ, SUNDAY VERSION.** Leader: John Mulcare (718-672-5272). From the Coliseum.
9:30 AM/ 60th St. & Broadway, Manhattan, at 9:30 AM, or the Staten Island Ferry (\$.25) at 10:20 AM.
10:20 AM We stop at a deli on the way to the park.
C-/C /25/18 mi.
- Tue. Nov. 8 **BUKFAUCRAT, FREELOADERS' RIDE.** Leader: Carl Faller (212-566-1626, of.). From the Boathouse.
8:30 AM Ride through Westchester via White Plains on a leisurely day off. Plenty of time to vote
A- /60 mi. afterwards.
- Sat. Nov. 12 **SOUTH MOUNTAIN ROAD/STONY POINT.** Leaders: Larry Hobson (212-787-1491) & Janet Kronstadt (212-
7:30 AM 595-7483). From the Boathouse. A brisk, cool weather century to Rockland County. Warm up
A climbing South Mountain Rd., then cruise north to Stony Point. If weather permits, we'll take
100 mi. the bike path back to Nyack.
- Sat. Nov. 12 **AUTUMN DIAL-A-RIDE.** Leader: Jeremy Herman (212-543-6472, h.; 212-662-9815, of.). If, by
B/B+ Thursday, the outlook for Saturday is good (over 40F and little chance of precip.), give me a
call. We will start from 242nd St. & Broadway, and ride through cool, crisp Westchester.
- Sat. Nov. 12 **HUDSON RIVER MUSEUM.** Leader: John Mulcare (718-672-5272). From the Coliseum (s.w. corner of
9:30 AM Broadway & 60th St). We've passed the Museum (in Yonkers) so many times on trips into
C/C- Westchester that we owe it our full attention on a ride of its own. Bring lunch or money
30 mi. for it in the cafeteria, plus \$2 for admission (\$3.75 combination charge including the
planetarium (1, 2:30, or 4 PM). Exhibits include photography, art with columns, bridal
costumes, arts and crafts, etc.
- Sun. Nov. 13 **FAMILY REUNION.** Leader: Joe Furman (609-275-6240). Meet at the West Windsor Library/
9:30 AM Municipal Building parking lot (Clarksville Rd. & North Post Rd.) in Princeton Junction.
A A one-hour drive puts you in the beautiful countryside that surrounds Princeton and New Hope.
55 mi. A fast-paced ride over moderately hilly terrain.
- Sun. Nov. 13 **NORTH SHORE CENTURY MAYBE.** Leader: Jeff Vogel (718-275-6978, h.; 212-265-2500, of.). From
8:00 AM the Statue of Civic Virtue, Queens ("E" or "F" train to Kew Gardens/Union Turnpike). If I'm
A/A- in the city today (I'll know by the November club meeting), we'll go somewhere on the North
90-100 mi. Shore -- Huntington, Cold Spring Harbor, and Oyster Bay sound good. Bring an LIRR pass for
sag service. Any precip. cancels.
- Sun. Nov. 13 **B, B+, BURR!** Leader: Jim Keehan (212-751-7866). From the Boathouse. Remember those 90-
9:00 AM degree days in August? Hated them, too? Then this is our riding weather. Join a ride up the
B/B+ west side of the Hudson with an indoor lunch stop, and back to the city by early afternoon.
55+ mi. Temps. less than 32F cancels.
- Sun. Nov. 13 **THE CLOISTERS AND WAVE HILL.** Leader: John Mulcare (718-672-5272). From the Coliseum, 60th
9:30 AM St. & Broadway. Bring (or buy) lunch to be eaten on the lawn of the Cloisters (for admission
C-/C to the Cloisters, pay as you wish). Admission to Wave Hill is \$2 (\$1 for seniors). You'll
27 mi. need a lock there.
- Sat.-Sun. **OVERNIGHT IN COLD SPRINGS HARBOR.** Leader: Jody Sayler (212-799-8293, h.; 212-627-4863, of.).
Nov. 18-19 From the Boathouse. North along the Hudson River. Over the beautiful Beacon-Newburgh Bridge.
8:30 AM We'll come to rest Saturday afternoon at the lovely Hudson House Hotel in Cold Springs Harbor.
A It grows dark early nowadays. We'll take advantage of our limited daylight and spend it in
140 mi. the beautiful countryside. After breakfast Sunday morning, we'll head on home. This
experimental ride is limited to a small group. Cost of the hotel is \$45 per person, double
occupancy, which includes breakfast. \$25 deposit ASAP insures your place.

- Sat. Nov. 19 **LATVIA'S INDEPENDENCE DAY.** Leader: Maxim Vickers (718-728-7179). From the Boathouse. This seventieth anniversary of the event shall be celebrated with plenty of brisk riding and bagels in Syosset. Red-white-red attire requested. Helmets not required.
9:00 AM
A /65 mi.
- Sat. Nov. 19 **AUTUMN DIAL-A-RIDE.** Leader: Jeremy Herman (212-543-6472, h.; 212-662-9815, of.). See Sat., Nov. 12.
B/B+
- Sat. Nov. 19 **JAMAICA BAY WILDLIFE REFUGE.** Leader: John Mulcare (718-672-5272). From Broadway & 75th St., Queens ("E," "F" or #7 train to Roosevelt Avenue/Jackson Hts.). Comfortable shoes, a lock, binoculars and a camera would be appropriate. Carry or buy your lunch at a deli stop on the way.
9:30 AM
C-/C
21 mi.
- Sat. Nov. 19 **NEWCOMERS' RIDE (MOUNTAIN BIKES).** Leader: Herb Dershowitz (212-929-0787). From the Boathouse to the hiking trails on the Palisades near the GWB. Fun for all. Nobody wimps out.
9:00 AM
ATB
- Sun. Nov. 20 **RETURN OF THE HAUNTED HUNDRED.** Leader: John Ceceri (201-485-2615). From Newark Penn Station (take 7:30 AM PATH train from WTC). Just when you thought it was safe to stop riding, comes the return of the Haunted Hundred. 115 miles to the Haunted Mansion in Long Branch, NJ. Call leader if you need more info. Any precip. cancels.
8:00 AM
A/A-
115 mi.
- Sun. Nov. 20 **BERGEN AND ROCKLAND RESERVOIRS.** Leader: Maggie Clarke (212-567-8272). From the GWB Bus Terminal (178th St. & Ft. Washington Ave.). This route was designed by Irv Weisman and tours some of the most beautiful parts of Bergen and Rockland Counties. Indoor lunch. Temp. below 40F at start, or 60%+ forecast of precip. cancels. A drop in temp. may shorten the ride.
9:30 AM
B-
45+ mi.
- Sun. Nov. 20 **RAAM 88-1/2.** Leaders: Ken & Marilyn Weisman (212-222-5527). From the Coliseum, 60th St. & Broadway. Now "C" riders can participate in RAAM. And you don't have to ride day and night for weeks. RAAM 88-1/2: Ride Almost Around Manhattan. Enjoy breakfast at South St. Seaport; lunch in a park near Baker Field. Temps. below 40F or rain cancels.
9:00 AM
C
34 mi.
- Sat. Nov. 26 **THE PERFECT ALIBI.** Leaders: Debbie Bell (212-864-5153) & Holly Gray (718-596-6336). From the Boathouse. Escape the clutches of your ancestors? Here's the perfect excuse not to spend the entire weekend schmoozing with your Aunt Gertrude. Note the mellow pace and civilized starting time. We'll ride to Chappaqua via breakfast in White Plains and then back through Tarrytown. Instead of the traditional end at the Boathouse hill, this ride ends at Debbie's (W. 113th St.) for beer and munchies. Free bike parking; the usual cancels.
10:00 AM
A-
70 mi.
- Sat. Nov. 26 **DIAL-A-"B"-RIDE.** Leader: Martha Ramos (718-858-9142). Unless the weather is unusually warm, I won't be riding this weekend, but feel free to give me a call if you want to ride, and I'll put you in touch with other "B" riders.
B
- Sat. Nov. 26 **DIAL-A-"C"-RIDE.** Leader: John Mulcare (718-672-5272). If the weather forecast the evening before sounds promising (e.g., no forecast of rain, snow, sleet, wet roads, winds in excess of 10 mph, or a greater than 20% chance of any of the above, call John before 8 PM that evening. The first caller may help determine the destination, meeting place and starting time for the ride, giving due consideration to the short period of daylight available this time of year. Later callers will be furnished with the details. Lunch will be indoors or out, as the weather dictates.
C
- Sat. Nov. 26 **BICYCLE CHRISTMAS SHOPPING IN HICKSVILLE.** Leader: Marty Wolf (212-935-1460). Meet at Tramway Plaza for a ride to the bicycle sale at the Hicksville Motor Lodge--bicycle paraphernalia, books, pins, posters, mugs, etc. -- even bike Christmas cards. I'll give out maps and cue sheets, so bring a friend who can ride your pace. We'll all meet in Hicksville for the sale followed by a quick lunch. Any precip. cancels.
9:00 AM
A/B/C
60 mi.
- Sun. Nov. 27 **NEWBURGH-BEACON.** Leader: Alex Bekkerman (212-213-5359, h.; 212-460-2220, of.). From the Boathouse. This ride can be called classic, but it was never run so late in the season. So join me if you are ready for demanding, cooperative, and intelligent riding. Please dress appropriately. Snow cancels.
8:00 AM
AA
140 mi.
- Sun. Nov. 27 **NORTH SHORE, LONG ISLAND.** Leader: Tom Lowenthal (718-847-6048, h.; 718-330-7040, of.). From the Statue of Civic Virtue, Queen ("E" or "F" train to Kew Gardens/Union Turnpike). Fast on the way out; schmooze on the way back.
7:30 AM
A /100 mi.
- Sun. Nov. 27 **DIAL-A-"B"-RIDE.** Leader: Martha Ramos (718-858-9142). See Sat., Nov. 26.
- Sun. Nov. 27 **DIAL-A-"C"-RIDE.** Leader: John Mulcare (718-672-5272). See Sat., Nov. 26.

Previews

Sat. Dec. 3

A- Leader: Arlene Brimer (718-847-8004). 60-70 mi. from the Boathouse at 8:30 AM.
B DIAL-A-"B"-RIDE. Leader: Brian McCaffrey (718-634-1742, h.; 212-880-9292, of.)
C DIAL-A-"C"-RIDE. Leader: John Mulcare (718-672-5272).

Sun. Dec. 4

A DYNAMIC DUO DOES DYNASTY! Leaders: Eileen O'Neill (212-819-0435) & Simone Smith (914-941-5013). To Northvale. 50 mi. from the Boathouse at 9 AM.
B DIAL-A-"B"-RIDE. Leader: Brian McCaffrey (718-634-1742, h.; 212-880-9292, of.)
C DIAL-A-"C"-RIDE. Leader: John Mulcare (718-672-5272).

ON BEING PRESIDENT OF THE NEW YORK CYCLE CLUB

A long time ago, when I was a little boy, I dreamed of playing centerfield for the New York Yankees. To follow in the footsteps of such greats as Joe Dimaggio, Mickey Mantle - what a spectacular dream to behold. My bubble violently exploded when, while playing in the Big Game against our arch High School rival, I struck out 3 times and dropped a popped fly.

Later on in life, my dream transformed itself. Now, I would win the Tour de France. That's right, I actually dreamed I would wear the coveted Yellow Jersey, just as Eddy Mercks once wore it, as Bernard Hinault wore it, and even Greg LeMond. But reality struck hard once again - when I got dropped on a B minus ride!

Nevertheless, despite these disappointments, despite these cruel realities of life, I stand before our Membership as your President for the second year in a row. Real solid proof, dear members, that dreams can come true . . . right here in the New York Cycle Club.

Christy Guzzetta

NEW YORK CYCLE CLUB BOARD MEETING, 6 SEPTEMBER, 1988, O'HARA'S RESTAURANT

Present: Debbie Bell, Roberta Pollock, Holly Gray, Michael Toomey, Hannah Holland, Caryl Hudson, Christy Guzzetta, John Mulcare, Barbara Levitan, Brian McCaffrey, Arlene Ellner

Absent: Martha Ramos, Jody Saylor

August minutes approved.

Roberta distributed copies of draft "Leaders' Guide Lines"; will try to have finalized copy for the next Board meeting.

Board members polled as to intent-to-run.

Mel Schleifer's concern over Lyme Disease conveyed to Board. He would like members to be warned; volunteered to write article/develop program.

Michael showed proof of NYCC sign for cycle shops; twenty will be printed. Will have Fire Department plaque proof soon.

Mixed feed-back for July no-program meeting.

Christy reaffirmed 6:30 PM start for Board meetings.

Meeting adjourned 8:30 PM

*Respectfully submitted,
John Mulcare*



RIDING IN A PACELINE

Jack Pollock

Our club is growing and the turnout for the rides is getting bigger every week. This is great, and we hope it continues, but you can't have 20 or 30 people riding fast and close together without a common understanding of and adherence to some rules. In the interests of safety and riding enjoyment we formed a committee to sit down and outline the following suggestions.

A paceline is nothing more than a group ride structured to take advantage of drafting. They come in various forms such as single, double & rotating and there is normally some agreement on when the riders change position (rotate from the front to the back). The keys to successful group or paceline riding are consistency, predictability and communications. Remember that the person behind you is following you blindly and can see only your rear wheel, back, legs and hand signals and has only a fraction of a second to react to your unexpected actions. Some specifics:

PROTECT YOUR WHEEL. If your front wheel touches someone's rear wheel, they will feel it, but you will almost surely and instantly crash and probably take a few of the people behind you down with you. Stay a wheel length back and never let your wheel overlap the one ahead. You don't have to be within inches to benefit from the draft.

RIDE A STRAIGHT LINE. If your front wheel is wobbling around, you are probably tense. Ride relaxed with elbows bent and as you pedal, push and pull with each leg in a circular motion.

MAINTAIN A CONSTANT SPEED. Even slight variations in your speed are magnified as they travel back through the pack and create a yo-yo effect at the rear. There is no way you can alternately pedal and coast and still maintain a constant speed. Soft pedal if you need to slow down a bit but keep those cranks turning.

When going down a hill (or bridge), the person in front must keep pedaling. If he coasts, everyone else will go faster because of his draft and will pile up behind him. You can do a lot to control your speed by soft pedaling, sitting up to increase wind resistance and staying alert to what's going on ahead. If you must brake, do it as lightly as possible and warn the person behind with a hand signal or by saying "slowing" or "braking".
SAVE YOUR BRAKES FOR EMERGENCIES.

COMMUNICATE. Call out hazards like approaching cars - "car back, right, up (ahead)", but only if they present a threat. There is no need to announce the presence of every car on the road; you just make noise and no one will pay any attention when there is a real problem. Experienced riders do most of their communicating with hand signals and bike movements rather than with a lot of shouting. Use hand signals to point out hazardous road obstacles (right hand for obstacles on the right). If you see a pot hole too late to detour around it smoothly, don't swerve at the last minute. Hold your line, stand on your pedals and hit it, but warn the person behind with a signal or by saying "hole". When someone in the back calls out something like "flat" pass the message forward to be sure the leader hears it and can stop.

IF YOU GO OFF THE PAVEMENT, STAY OFF UNTIL EVERYONE HAS PASSED!

STAPLE HERE

New York, New York 10022

360 East 50th Street #26

PLACE IN AN ENVELOPE AND MAIL TO: Marty Wolf

THIS BALLOT IS FROM NYCC MEMBER
ADDRESS PLEASE PRINT

Vote-it's your choice!



ELECTIONS
BALLOT

NEW YORK CYCLE CLUB -- BALLOT FOR 1989 BOARD OF DIRECTORS -- INSTRUCTIONS

1. Every member, including both members of a couple, is eligible to vote.
2. Tear out or photocopy this ballot. Couples should photocopy the ballot so that each submits an individual ballot. One ballot equals one vote. Two people MAY NOT vote on the same ballot.
3. PRINT PRINT PRINT your name and address on the reverse side. This is for validation purposes and will be removed before the ballot is opened and the votes counted. Sealed ballots will be validated against the roster.
4. Indicate your choice - one only - for each office on the ballot.
5. Fold the ballot as indicated, then staple or otherwise seal it.
6. Mail the sealed ballot(s) in an envelope to the person designated on the reverse in sufficient time to receive them before MONDAY, NOVEMBER 7 1988, or deliver the sealed ballot(s) to that person at the club meeting November 8 by 8 p.m.
7. Ballots will be counted at the November club meeting and the results announced at that meeting and published in the December 1988 Bulletin.

TEAR HERE

----- FOLD DOWN #2 FOLD -----

TEAR HERE

OFFICE	NOMINEES
PRESIDENT	Christy Guzzetta ____
VICE PRESIDENT OF PROGRAMS	Richard Rosenthal ____ Michael Toomey ____
VICE PRESIDENT OF RIDES	Simone Smith ____
SECRETARY	Arlene Ellner ____
TREASURER	Debbie Bell ____
PUBLIC RELATIONS DIRECTOR	Martha Ramos ____
EDITOR	Janet Kronstadt ____

----- FOLD UP #1 FOLD -----

TEAR HERE

MEMBERSHIP DIRECTOR	Holly Gray ____
CIRCULATION MANAGER	Hannah Holland ____
A RIDES COORDINATOR	Roberta Pollock ____
B RIDES COORDINATOR	Brian McCaffery ____
C RIDES COORDINATOR	Ken Weisman ____

STATEMENT OF RICHARD ROSENTHAL FOR PROGRAMS CHAIRPERSON

This is going to sound phony as hell, calculated to win me votes.
It's not. Here are three very good reasons to vote for Mike:

- 1) He did a fine job this past year.
- 2) I imagine he has a better working relationship with the club leadership than I might have.
- 3) I'm sure he has far greater interest in attending board meetings than I.

Here are my program ideas.

1. **A NIGHT OF BIKE COMEDY:** Two of New York's best pro bike mechanics and store managers, Doug Nervik and George Babiak, are also professional improv comics. They'll show us how we sound and look.

2. **A SWAP MEET & CLUB AUCTION:** Bring your new but unwanted or slightly used stuff to sell. Or contribute items (along with manufacturers and stores) to be auctioned to benefit the club treasury.

3. **AMERICA'S FINEST CYCLING PHOTOGRAPHERS:** Slide-show and talk by Michael Furman and Seth Goltzer on shooting at major races and in studios.

4. **TO BE POOR, BLACK, AND AMERICA'S GREATEST RACER EVER:** Writer Peter Nye talks about Major Taylor.

5. **TELL IT TO THE MAYOR, TELL IT TO THE POLICE!** Reps. of the NYPD and the Mayor's Office (DoT). T.A. (and you) will will speak for The Good Guys.

6. **BEHIND THE CYCLING MAGAZINES:** Representatives of Cyclist, Bicycle Guide, and Bicycling go head-to-head about their philosophy, style, aim, etc.

7. **RIDING AND RACING ON ROLLERS:** A better and more fun way to train indoors. You're going to learn tonight! And see the newest form of racing.

8. **TWO OF AMERICA'S GREATEST FRAMEBUILDERS:** Mike Melton built the Olympic carbon composite "funny bikes" and Tom Kellogg builds titanium frames.

9. **CAMPY VS. MAVIC VS. SHIMANO VS. SUNTOUR:** What are the differences ...if any? Representatives from each company try to make their cases.

10. **NEW YORK'S BIKE SHOPS: A CANDID EVALUATION AND COMPARISON.** I won't reveal the methodology here but this requires your help.

11. **AMERICA'S GREATEST CYCLING COLLECTOR:** Pryor Dodge's antique bicycles, posters, memorabilia, etc. have been exhibited at museums.

12. **YOUR FINEST CYCLING MOMENTS:** Bring up to 4 of your favorite cycling-related slides. Talk only 1 min per slide. This is a way to introduce us to many cycling locales and events in a short time.

13. **TELEVISIONING THE TOUR DE FRANCE:** CBS's outgoing producer and ABC's incoming prod. compare notes.

14. **NEW YORK'S GREATEST FRONTLINE FIGHTER FOR CYCLISTS' RIGHTS:** Charles Komanoff, the master force behind Transportation Alternatives.

15. **WHY DID NBC GIVE CYCLING SUCH SHORT SHRIFT AT THE OLYMPICS?** David Banks, Olympics cycling producer, and Mark Warner, Olympic cycling dir.

16. **MANAGING RACERS:** George Taylor handles Rebecca Twigg, Bob Mionski (4th Place, Olympic road race), the Sunkyong team, and formerly Steve Hegg.

17. **EUROPE'S THREE HIGHEST PASSES:** A Show & Tell by club members who know whereof they speak.

18. **SOUND OFF ABOUT THE CLUB.** A meeting devoted to your comments, suggestions, and criticisms about the club. An open discussion will let us build on one another's thinking.

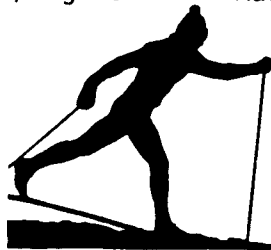
breakaway 
vacations

"YOU HAVE NOTHING TO LOSE BUT YOUR

CHAINS"

Marx/Engels

Mark/Stu



HOW 'BOUT SOME GREAT CROSS COUNTRY

SKI WEEKENDS THIS WINTER?

Call for our x-c ski brochure.

(212) 722 - 4221

Btu & Mark

To older club members, hello again. To newer members, this column addresses biking related matters in a critical sense.

Until a few weeks ago I did not fully realize the seriousness of the danger to cyclists from Lyme Disease. Then I attended a lecture given by Dr. K.B. Liegner of Armonk. His slides showed the life of the deer tick, which transmits the disease, and its affect on humans. As cyclists, we are vulnerable because the deer tick's habitat is vegetation, particularly grasses. While you may not often ride through grass, you probably sit on it while consuming your lunch, or occasionally venture into the shrubbery for a pit stop.

The ordinary dog tick, about the size and shape of a watermelon seed, has been common in the Northeast for a long time. The DEER TICK, which spreads Lyme Disease, has recently been proliferating and infesting northern Westchester County and spreading southward into southern Westchester's woods, parks and lawns. The deer tick is smaller than the dog tick, and the spiderlike males are black, females dark red with black markings. The ticks go through three life stages: LARVA and NYMPHS, both peaking in the months of May, June, July and August; ADULTS peak in September, October, November and December - just when you probably thought you were safe.

The symptoms of Lyme Disease are: an expanding skin rash which appears from a few days to a few weeks after exposure; flu-like symptoms; fatigue; pain in the joints. These early symptoms can either disappear or they can evolve into a chronic arthritis - like condition. If untreated, Lyme Disease can affect the heart and nervous system. Treatment is with anti-biotics. If you think you've been bitten, it is important to see your doctor.

Preventive measures you can take are:

- 1.) Stick to cement; stay in the center of paths and trails.
- 2.) Tuck pants legs into socks, shirt into pants. Since cyclists wear shorts, don't go bare-ankled.
- 3.) Wear light-colored clothing so you can find ticks more easily.
- 4.) Spray insect repellent containing a high concentration of DEET on your clothing.
- 5.) Check yourself for ticks frequently. If you find one on you, don't touch it. Remove it gently, steadily, and firmly with tweezers (from your trusty Swiss army knife) and use an antiseptic.
- 6.) If you suspect you may have been bitten, SEE YOUR PHYSICIAN and make sure your doctor is aware of the symptoms and dangers of Lyme Disease.

You may obtain further information from the: Westchester LD Hotline (914) 285-LYME (5963)
Westchester Dept. of Health (914) 285-5100
Library for Medical Consumers, 237 Thompson Street, NYC

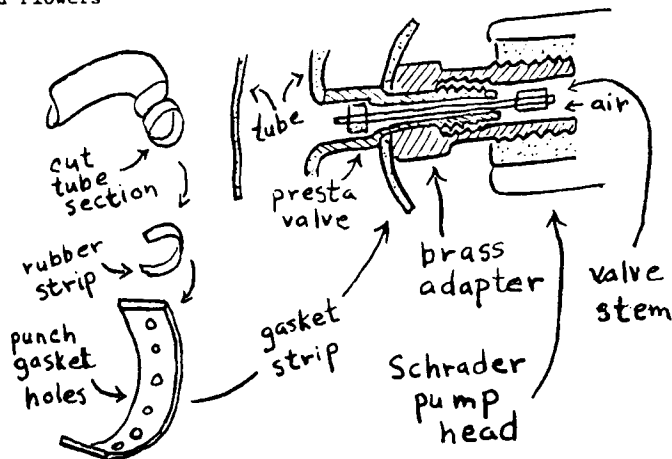
If you think a slide presentation with Q/A period is of interest as a club program don't hesitate to tell your V.P. Programs.

If you're interested in biking beyond the usual, consider joining me in a Technical Special Interest Group (TSIG). We will exchange ideas, maybe try experiments, or who knows where or how far it can go. The SIG will explore physics, biology, engineering, etc. aspects of biking - any and all technical aspects are welcome. You can be an ABCDE rider or you can seek answers to a technical problem, or have answers. Call (212) 652 - 6176. Mel Shleifer.

Pump up Prestas with a Schrader Head Floor Pump

by Ed Flowers

Many of the good, inexpensive floor pumps have schrader heads on them despite the fact that most of us use tubes with Presta valves. The inexpensive brass adapters generally leak, because they lack a gasket. But you can make an appropriate gasket by cutting a half-inch cross section from an old inner tube. Use the section again to make a strip of rubber. Then use the smallest punch on a leather punch to punch about six holes in this strip of rubber. The presta valve goes through one of the holes in the gasket strip. Pull the strip down over the threads of the presta valve until the hole in the gasket strip rests on the first shoulder of the presta valve. Unscrew the valve stem, and screw the brass adapter over the valve until it is firmly "bouncy" against the rubber gasket. Clamp the schrader head of the pump onto the adapter and pump up the tire to as much as 150 psi.





When you are at the front and pulling away from a light, bridge or other delay, accelerate back up to speed slowly and give everyone a chance to catch up. Look back and make sure no one got left behind.

Get used to riding close alongside another rider. It's unnerving at first but a double paceline is safer and more efficient in a tight formation. You especially don't want to be the only rider hanging way out to the left when some frustrated motorist decides to pass with oncoming traffic. Similarly, when you are dropping back after pulling, you only need to move far enough left to let the other riders slip by.

In a single paceline, the proper way to drop back off the front is to pull out to the left (into the wind is more efficient but left is safer in traffic), then slow down! You are obligated to slow down so that the line can maintain a constant speed and pass you. You don't need to say anything or even signal with experienced riders. As the last rider in the line comes abreast of you, start to accelerate back to speed so that you can slip in behind and not have to chase. In a double paceline, tell the person alongside you that you want to drop back. The right rider moves to the right but not out of the traffic lane. The left rider moves far enough left so that the double line can pull all the way through. **DON'T BREAK INTO THE MIDDLE OF THE LINE AND ALWAYS PULL THROUGH TO THE FRONT.** Once at the front, don't pull any longer than you feel comfortable. If you stay there too long you will only exhaust yourself and will slow everyone down. An advantage of pacelines is that stronger riders can take longer pulls while weaker ones ride mostly in the draft which permits riders of different levels to ride successfully together.

As you get tired, your concentration and reflexes suffer and accidents become more likely. Keep that in mind, and don't get too close to the wheel ahead of you or the edge of the pavement.

If you see a red light up ahead, call out "light" to alert everyone. When approaching a signal, the person in front must decide whether to stop or not. If there is time for an orderly stop, he should call out "stopping", hand signal and everyone stops, maintaining their position in the formation while waiting for a green. If the light turns red at the last minute, a sudden stop will probably cause a big pileup so the leader may decide it's safer to run the light. In that case, call out "going through" and watch for cars entering the intersection. You can usually stop them by holding your hand up like a traffic cop. It may not be safe for the whole line to go through so if you decide to stop, warn the people behind you and stop as above. Once through the intersection, slow down until the line reforms.

Intersections with or without stop signs present another hazard. Many cyclists slow down but don't stop. If you decide to run a stop sign (and risk a ticket), don't yell "clear" and encourage everyone else to assume it's safe to follow you through. Let them check the traffic and make their own decision, but warn them of approaching cars.

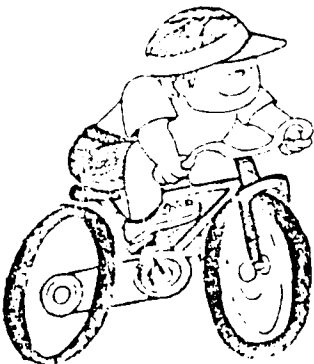
If you are not experienced riding in pacelines, tell the ride leader so he or she can ride along with you and explain the procedure. This all sounds a lot more complicated and difficult than it is. Pacelines are a great way to ride and you can go a lot further and faster than you ever could alone. It's mostly a matter of common sense and courtesy.

This article appeared in the newsletter of the Broward County Wheelmen, and was sent to us by our good friends Art Guterding and Julie Steyaert.

INTRODUCTION TO MOUNTAINEERING

by John G. Waffenschmidt

Those of you who have come to know me over the last few years will have heard me speak about the glories of mountaineering and the relationship between cycling and mountaineering, as it relates to muscular utilization. There are other similarities relating to accomplishment satisfaction, mental development, and the development of resourcefulness skills. One of the key differences is that mountaineering is quite pleasurable in what most of us consider miserable weather (what mountaineers see as miserable weather is a different story). Rather than wax eloquently on my perceptions about how great mountaineering is and how it makes a happier cyclist, let me just offer you my introductory program. The first date, November 20, will be a short hop over a Catskill mountain which will take only 3 or 4 hours. The second date, December 17, will be a full day over a couple of Catskill mountains. All that I expect will be needed for these first two dates is warm hiking boots and layered clothing. The January date will require snowshoes and crampons. I have only two requirements those are that anyone participating follow safe and ecologically sound practices. In that regard, I would like anyone wishing to join me to speak with me about what type of boots to have and what type of clothing to bring. I can be reached at 718-476-0888.



TWO MORE "E" RIDERS by Cyclops

Did you know that the NYCC has E riders? E stands for enfant, and we have a growing (in more ways than one) contingent.

Our two newest E riders are:

JESSICA PLATE, born March 8, 1988, to JACKIE AND RICK PLATE, of Larchmont. A true biker in utero already (!), she presented her 7 pounds 10 ounces to the world seat-first, causing her scheduled delivery at 11:37 a.m.

MARGARET ANN GRAHAM, born April 1, 1988, to ROSEANN KORSA AND JACK GRAHAM, of Greenwood Lake. No fool she, picking such parents, and arriving at 11:33 p.m. with the long legs of a cyclist already on her 7 pounds 14 ounces frame.

JESSICA and MARGARET ANN join our other E riders:

3 1/2 year old MICHELLE (born 3/1/83), daughter of TONY MANTIONE, of Brooklyn;
1 year old MICHAEL ADAM (born 10/2/83), son of LEE GELOBTEP, formerly of Sheepshead Bay, now moving to the West Palm Beach area of Florida -- Best of wishes in your new home, Lee!;
4 year old GABRIEL (born 10/14/84), son of ALEJANDRO CAYCEDO, of Jamaica; and
1 year old DENNIS CHRISTOPHER (born 8/4/87), son of BARBARA AND ED MAJOR, of Glendale.

Welcome, JESSICA and MARGARET ANN, to the NYCC of the 21st Century!

Any more E riders out there?

LEXICOGRAPHER CONTEST

Richard Rosenthal still has the slightly used jersey, but seems to have misplaced the other items he enticed you all with. Herewith, the sparse results.

GARY MEYER

BRINELLING: Set on soaking your head in the salt pits
BUNGEE: Appreciative exclamation as distaff (or staff) hind-quarters rise off the saddle
FARTLEK: Absence of ill wind signifying pre-lunch segment of ride
HITTING THE WALL: Result of flinching while on rollers
ISHIWATA: One who serves French Toast after weeding three-leaved ivy
MODULUS OF ELASTICITY: Trendy rubber baron and booster of West Coast metropolis
PATELLAR: Daddy, let her know!
QUADRICEPS: Origin of a perfectly matched pursuit team
SEW-UPS: Litigate vs. freight handler when your diamond gets mixte in shipping
RAT TRAP: License to indulge in free-form improvised chanting, guaranteed by first ammendment

CHARLIE MORRIS

BRINELLING: Putting salt water in your bike bottle
BUNGEE: East Indian contortionist
FARTLEK: One that goes down instead of out
HITTING THE WALL: Smacking Dave
ISHIWATA: Small Japanese retriever
MODULUS OF ELASTICITY: Socks tight at the ankle
PATELLAR: Someone who must touch while speaking
QUADRICEPS: 4drinks from your water bottle
SEW-UPS: Elated bikers
RAT TRAP: What one mouse says to another

ED RUDETSKY

BRINELLING: Washing one's feet in Coney Island surf
BUNGEE: A fungus infection caused by moist saddles
FARTLEK: Act of obsequious paceline rider
HITTING THE WALL: Adolescent self-abuse fantasy
ISHIWATA: Tepid dish water in sushi parlors
MODULUS OF ELASTICITY: Half-brother of Romulus who lived in suburbs of Rome
PATELLAR: Bald teller of tall tales
QUADRICEPS: Traditional 4th bowl of ride consumed by Korean "A" riders
SEW-UPS: Hilarious joke-tellers in lower East side sweat shops
RAT TRAP: Downstairs at O'Hara's

NEW MEMBERS



815 Members as of October 9, 1988

NAME	ADDRESS	TELEPHONE
ASTER, Henri	160 E. 65th St. #31B	N.Y. 10021 212-734-3137
BLUMBERG, Anne	45 W. 10th St. #3A	N.Y. 10011 212-505-9927
BROWNE, Mai Julia	185 West End Ave #1K	N.Y. 10023 212-769-2285
COHEN, Janet	245 E. 80th St. #7A	N.Y. 10021 212-249-1208
CONDELLO, Virginia	343 E. 30th St. #4A	N.Y. 10016 212-685-5045
EHRLICH, Karen		
HALPERN, Philip	825 Washington St. Apt. AA	Hoboken NJ 07030 201-653-4098
KENNEDY, Padraic	28-10 36th Ave.	L.I.C. 11106 718-729-1710
KOBEL, Mary	1320 York Ave. #13P	N.Y. 10021
LEAR, Ellen	300 E. 74th St. #34G	N.Y. 10021 212-737-0533
LUCY, Peggy	250 W. 102nd St. #2A	N.Y. 10025 212-866-8008
MOORE, Tod	142 W. 92nd St. #3A	N.Y. 10025 212-595-1319
OLSON, Ben		
PARK, Ernest	665 Ocean Pkwy #6J	B'klyn 11230-1232 212-691-0539
REICH, Nancy	77 W. 15th St. #6E	N.Y. 10011 718-438-0748
REMELY, Paul	168 W. 86th St #3C	N.Y. 10024 212-212-5406
SALTON, William	949 West End Ave. #8F	N.Y. 10025 212-362-9574
SCHWARZ, Alicia	32-66 80th St #3C	N.Y. 10025 212-749-8871
SOBEL, Alan	49 E. 10th St.	Jackson Heights 11370 718-639-6509
STADLER, Phyllis	300 E. 71 St. #9-0	N.Y. 10003 212-254-7596
WIDMER, Lisa	40-3414 Newport Pkwy	N.Y. 10021 212-472-0960
		Jersey City NJ 07310 201-626-8992

change of address

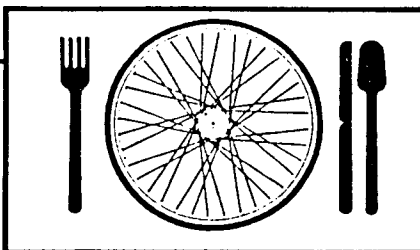
NAME	ADDRESS	TELEPHONE
GLAUBMAN, Susan	1805-1/2 Rainier Ave	Everett, WA 98201 206-258-4225
MILLER, Patricia	29 Western Ave.	Morristown NJ 07960
TAMIL, Joyce	204 8th Av. #1	B'klyn 11215
TIERSTEIN, Leslie		

EFFECTIVE CYCLING INSTRUCTION

Irv Weisman

Most people on Club rides which I attend can ride in a reasonably straight line, but are unaware of the many other traffic, bike handling, and mechanical factors which make for safe and effective cycling. In order to increase the overall bicycling competence and safety of all classes of NYCOC riders, especially the B and C classes with which I ride, I have asked Bill Hoffman, an L.A.W. Certified Effective Cycling Instructor, to offer his Effective Cycling course to our members. The indoor part of the course will begin during the winter months, and it will be limited to a dozen or so participants. I plan to assist Bill, both for the teaching experience and to learn a few more pointers myself. (I became enthusiastic about bringing the course to the Club at GEAR'88 where Marnie Clarke and I participated in an abbreviated course and qualified as Effective Cyclists.) The cost, which includes a copy of John Forester's Book, "Effective Cycling", is \$75--the approximate cost of a bike tuneup, but much longer lasting. For more information on the course, send me a SASE at Box 97 Kingsbridge P.O. Bx 10463.

New York Cycle Club
Tuesday
November 8



O'Hara's
120 Cedar Street
New York

Tours of Canada, Part 2

North to Quebec & Over the Rockies

Adventures, mishaps, slides and giggles...continued

Two groups (one the smallest possible, the other somewhat larger) of New York Cycle Club members set cycling in Canada as their objective for August. The planning, the training, the logistics. How do you guarantee getting a dozen bikes to the starting point? How far will you go through unfamiliar territory before you sleep? Who started the trip in a shopping cart? What were Jody & Christy doing in a church in Ile d'Orléans? Find the answers to all these questions at the November meeting.

Join us at 6pm for spirits or bubbles and schmoozing.

Fixed price* Dinner starts at 7pm sharp.

Meat, fish, or poultry \$11.00

Vegetarian \$ 8.50

* Must be purchased by 7pm. \$2 more after 7pm

Diners will receive color-coded coupons

Non-diners seated separately

O'Hara's is one block south of the World Trade Center between Trinity and Greenwich Streets. Enter the restaurant on Cedar Street, go through the door on your right and go upstairs to our private dining room.

Bicycle parking is provided. Take the elevator to the 4th floor and leave your bike in the storage area provided. Bring a lock for security.

CLASSIFIEDS

P - P L - P L E - P L E A -

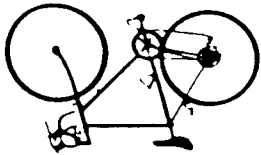
P - P L - P L E - P L E A - P L E A S - P L E A S E - P L E A S E - P L E A S E

A L L material for the NYCC Bulletin must be in your Editor's hands by the second Tuesday of each month. You may hand it to me at the monthly meeting, or mail it before the meeting. Nothing will be accepted unless it is typed, proofed, spelling checked (use your dictionary!). Articles should be typed across the 11" dimension of paper. Classifieds are best typed about 5" wide. Paid ads must be camera-ready. The deadline for all is the same: second Tuesday, typed, no exceptions. Your cooperation will ensure a timely bulletin.

DEADLINE FOR THE DECEMBER BULLETIN IS NOVEMBER 8.

DEADLINE FOR THE JANUARY BULLETIN IS DECEMBER 13.

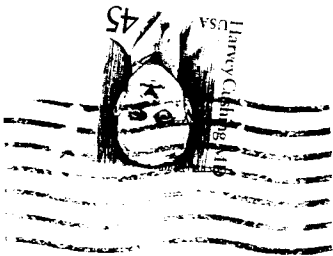
FREE TO GOOD HOME: Set of 27" wheels (from my touring bike) with 14-30 freewheel. (I upgraded.) Good for a junk bike. The first taker must pick up from midtown Manhattan. Call Eileen O'Neill (212) 697-2525 (work)



First Class

268-267
ARLENE PRIMER MAILING
CHRIS MAILING
110-30 MYKLE AVE
RICHMOND HILL, NY 11418

New York Cycle Club
Hannah Holland
211 W. 106 St. 8C
N.Y., N.Y. 10025



New York Cycle Club Membership Application

I know that bicycling is a potentially hazardous activity. I represent that my physical condition and the condition of my equipment is to the best of my knowledge adequate to allow me to participate in NYCC activities. I assume all risks associated with such activities, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I for myself and anyone entitled to act on my behalf, waive and release the NYCC, its Board of Directors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in NYCC activities.

NAME _____ SIGNATURE _____

ADDRESS _____ APT _____ PHONE(H) _____

CITY _____ STATE _____ ZIP _____ PHONE(W) _____

DATE _____ AMT. OF CHECK _____ NEW _____ RENEW _____

I ALSO ENCLOSE AN ADDITIONAL AMOUNT OF _____ TO SUPPORT NYCC'S PARTICIPANTS IN RAAM 1988.

CIRCLE IF APPLICABLE: I do not wish my (address) (phone number) listed in the roster published semi-annually in the bulletin.

WHERE DID YOU HEAR OF NYCC? _____

OTHER CYCLING MEMBERSHIPS(circle): AMC AYH LAW TA CRCA CCC Other: _____

1988 Dues are \$12.00 per individual, \$15.00 per couple residing at the same address and receiving one bulletin. Mail this application with a check made payable to the New York Cycle Club to:

NEW YORK CYCLE CLUB, P.O. BOX 020877 BROOKLYN, NEW YORK 11202 - 0019. TELEPHONE 212/ 242-3900